



Coping During Uncertain Times



Overview/Description:

People have a powerful need to understand and predict their environments in order to feel in control. When we are exposed to potential threats to our well-being, we naturally respond to this uncertainty with anxiety and fear. This training will address ways of effectively coping with uncertainty in today's media-saturated world. The course will examine how to remain positive and functional despite the risks of living in a changing world. Included will be practical tips for coping with uncertainty, re-establishing control and how to speak to children about fear.

Workshop Objectives:

At the end of this workshop, you will:

- Understand the impacts of certainty on your emotions, perceptions and behaviors
- Recognize ways of discerning actual risks from perceptions
- Identify means of asserting control and letting go of fear
- Learn techniques to minimize your stress and cope with uncertainty
- Identify ways to help children respond to uncertainty



TARGET AUDIENCE:

EMPLOYEES IMPACTED BY UNCERTAINTY AND WISHING TO COPE MORE EFFECTIVELY



EXPECTED DURATION:

45-60 MINUTES